Sunkist Bulletin

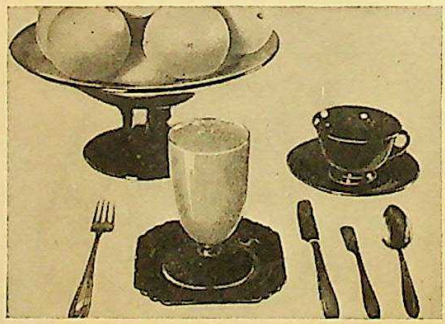
Food Lesson Number 2
(1933 Series)

THE ADEQUATE BREAKFAST

MENU PLANNING. Breakfast! Luncheon! Dinner! These meals are as important to your health as they are pleasant to your palate. Their menus must furnish the **right foods** and **enough foods** to build a strong, sound body and to provide energy for its activities. For these reasons, menu planning is a most important phase of food study.

It is best to plan menus for the three meals of the day as a unit, making sure that the total food intake is adequate in quantity and in the elements needed for a well-balanced normal diet. Such planning makes it possible to give variety to the meals served and promotes economy in time required for food preparation and in use of "left overs."

THE ADEQUATE BREAKFAST. A well-balanced daily menu begins with an adequate well-balanced breakfast. This meal breaks the body's longest rest-from-food period and provides the fuel for half the day's activities.



Orange juice as a breakfast first course

Going without breakfast to reduce or as an economy food measure may result in impairment of health and is especially dangerous to young people. Life-long ill health may follow unwise diet omissions during the years when the body is growing. In fact, this practice lessens efficiency at any age. An ample breakfast fortifies the body against the stress of the day.

The breakfast meal should include from one-fourth to one-third of the day's food. Custom has decreed the serving of certain foods at this meal, such as **fruit**, especially **orange juice, cereal, milk, eggs, toast** and **marmalade.** Each of these foods contributes needed elements to the day's menu requirements.

(See Breakfast Menu Pattern or Guide that follows for suggestions on planning this meal.)

WAYS OF USING FRUIT IN THE DAILY MENU WITH SPECIAL USES OF CITRUS FRUITS

Fresh fruits should be eaten in some form every day. Plan menus to allow 2 to 3 servings of fruit daily, including 1 serving of citrus fruit in fresh form (not a flavor use):

BREAKFAST
- Fruit juice (orange preferable)
- Orange slices
- Orange segments
- Oranges, whole or half fruit

MID-MEAL LUNCHES
- Orange, whole fruit
- Orange juice
- Milk and fruit juice beverages

APPETIZERS
- First course salads
- Fruit cocktails and cups
- Jellied fruit soups

SALADS
- Fruit salads (all kinds)
- Citrus fruits in salads:
  - With vegetables
  - With fish and meat
  - With cheese
- Citrus fruit juices as base for:
  - Gelatine salads
  - Frozen salads

DESSERTS
- Fresh fruit desserts
- Citrus fruit juices as base for:
  - Gelatines, frozen desserts

BEVERAGES
- Lemonade or Orangeade
- Fruit punches

SPECIAL FLAVOR USES OF CITRUS FRUITS
- Marmalades, jellies, etc.
- Garnishes
- Lemon with tea
- Baked oranges
- Candied peel
- Juice and grated rind in:
  - Confections
  - Cakes and cookies
  - Pies and puddings
  - Quick breads and biscuits
  - Fillings and frostings
  - Sauces (all kinds)
  - Sandwich spreads

BREAKFAST MENU PATTERN OR GUIDE

FOOD	VARIATIONS
Orange-lemon juice	Orange juice, slices, segments *or* other servings, *or* grapefruit
Apple sauce	Any fresh fruit *or* stewed dried fruit
Oatmeal with milk	Cooked wheat cereals, corn-meal mush, *or* prepared cereal
Scrambled eggs	Eggs in other styles, bacon, ham *or* fish
Toast with butter	Whole wheat gems, muffins, corn bread, coffee cake, *or* waffles
Orange marmalade	Any jam *or* jelly *or* syrup *or* honey
Milk to drink	Cocoa *or* cereal coffee

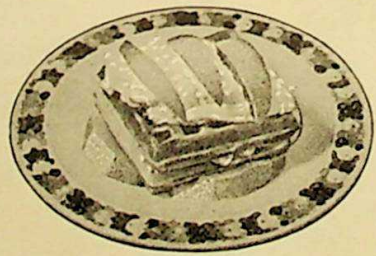
Plan the day's menu—breakfast, lunch, dinner—as a whole so that it will provide all the elements the body requires for a day's normal, well-balanced diet.

Breakfast should furnish ¼ to ⅓ of the day's food, including energy for a half day's work.

Choose simpler foods for children. Increase energy for growing boys or men at heavy labor by adding concentrated foods, such as raisins, dates, dried figs, marmalades, jams, jellies, honey.

ORANGE WAFFLES

(Makes 6 sets of waffles in 2-section iron)



2 eggs, beaten
½ cup sugar
2 teaspoons grated orange rind
1¾ cups pastry flour
2½ teaspoons baking powder
¼ teaspoon salt
⅓ cup orange juice
1 tablespoon lemon juice
½ cup melted butter
Orange segments
Whipped cream

Beat together eggs, sugar and rind. Sift together flour, baking powder and salt. Add to first mixture alternately with fruit juices, and lastly the melted butter. Cook on an ungreased waffle iron. Allow to cool, as waffles become crisp upon standing.

Serve in sandwich form with filling and top of slightly sweetened whipped cream. Garnish with 3 orange segments on top and 1 segment at each side of waffle, as shown. Or serve waffles with:

ORANGE HONEY BUTTER SPREAD *(Serves 6)*

Blend well 2 tablespoons orange juice, 6 tablespoons each of melted butter and honey. Add a grating of orange rind.

Especially Suitable Served For:

Breakfast or luncheon
(Particularly for guest meals)
Afternoon or bridge tea
Waffle supper

These guides and recipes may be cut out and pasted on cards for filing in a recipe card cabinet, after lesson has been studied.

ORANGE JUICE

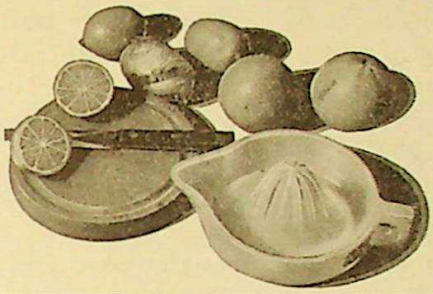
Orange juice should always be served fresh since flavor is lost when juice stands. Use a mechanical or electrical extractor or a good hand reamer. Strain or not as preferred. Chill if desired. Serve in glass goblet. (An 8 or 9 ounce size is preferable where juice accompanies meals.)

ORANGE-LEMON JUICE

For a beverage of increased flavor, add juice of ½ lemon to each glass of orange juice. Serve as above.

Especially Suitable Served For:

Breakfast first course
Luncheon, dinner or mid-meal beverage
Invalid diet in colds, fevers. *(On physician's order only, if illness is severe)*



LEMON JUICE BRACER

Add juice of 1 lemon to a glass of water. Sweeten if desired. Drink on rising in the morning.

ORANGE MARMALADE

(Makes 12 to 18 glasses)

4 medium or 3 large oranges **4 lemons**

Slice unpeeled fruit very thin. Add five times as much cold water as fruit. Any time during the next 24 hours boil hard for 50 to 60 minutes. This should reduce quantity one-half. Measure into 2 or 4 cup lots. Cooking 4 cups or less at one time gives better flavor and color.

If oranges are rather sweet, add additional lemon juice at this stage—about 1 tablespoon to 1 cup of fruit. Bring to boiling point. Boil 8 minutes. Add ¾ cup sugar for each cup of fruit. Boil rapidly until the jelly test of thick, reluctant drops, from side of the spoon, is reached. Pour into sterilized glasses. Cover with paraffin when cold.

Especially Suitable Used For:

Cooking purposes, to flavor cakes, pies, breads, puddings, frostings, fillings and sauces
Sundae sauce for ice cream, pudding sauce
Filling for cakes or pies
Spread on breakfast griddle cakes, quick breads, toast, waffles and on sandwiches
Meat accompaniment

BREAKFAST FRUIT CUP

Combine orange pieces with small pieces of other fruits in season, using half orange pieces and half bananas, pineapple, strawberries, raspberries or similar fruit. Chill and sweeten to taste. Serve in sherbet glass, allowing ⅓ to ½ cup to a serving.

Or extract orange juice and use to cover strawberries, raspberries, sliced fresh peaches, sliced bananas, melon balls or cubes. Sweeten to taste with powdered sugar and serve very cold.

ORANGE HONEY CRISPY

Peel oranges, removing inner skin down to juicy pulp. Cut in slices. Allow 6 to 8 slices for each serving. Cut slices in halves. Dip each in warm honey and turn over in rice flakes, corn flakes, puffed wheat or other ready-to-serve cereal which has been warmed until crisp. Arrange on plate and serve at once.

Especially Suitable Served For:

Breakfast first course
Child's luncheon or supper *(second recipe)*
Luncheon or dinner first course *(first recipe)*
Dessert *(first recipe, if served in larger portions)*

IMPORTANCE OF FRUIT. Fruit in particular plays a more important part in the daily diet than is often recognized. It furnishes necessary and protective food elements in a most appetizing form. Fresh fruit especially should be used more liberally than customary on the average menu to balance the many concentrated and refined foods usually served.

The citrus fruits, which form the basis of the recipes in this food lesson series, have in large measure the dietetic qualities which make fruit valuable in the diet. These fruits, moreover, are foremost sources of vitamin C and food authorities recommend their daily use to supply this element so often inadequately provided. Their well-liked flavor, ease of preparation, and the many ways in which they may be served, make such daily use an easy matter. (See list of Ways of Using Fruit on page 2.)

CITRUS FRUITS IN THE BREAKFAST MENU. Citrus fruits stimulate appetite, often sluggish at the breakfast meal, and they have an alkaline ash which balances the good and necessary but acid-ash toast, meat, eggs and cereals.

A serving of another fruit besides the fruit juice advocated, is a good inclusion at the breakfast meal. This liberal use of fruit aids peristaltic action, an important function at the beginning of the day, and provides a smooth, non-injurious type of roughage.

Marmalades, jellies and jams offer supplementary fruit servings that make excellent accompaniments for hot toast and breakfast hot breads. They do not, however, replace a serving of the fresh fruit.

QUESTIONS FOR REVIEW

Why is menu planning important? Why is it very necessary to have an adequate breakfast? What part of the day's food intake should the breakfast provide?

List some of the ways in which fruit may be served in the daily menu. In the breakfast menu.

Compare the Breakfast Menu Pattern or Guide with the food requirements for a well-balanced daily diet, noting how much of the necessary elements each food provides. How much are then left for the other meals to provide?

SUGGESTIONS TO THE TEACHER

Have the class undertake a project in which each student develops a day's dietary for individual use. Such a dietary should have a basic pattern that includes the essentials and constants which the individual has decided are necessary to his or her own needs. To these are added variations according to taste, season, occupation and other factors. A sample basic breakfast pattern for an average high school student includes:

1 glass milk
1 glass orange juice
1 egg
2 pieces toast

Add to this according to needs:

Cereals and cream or bacon or jam or marmalade or additional fruit.

Such a pattern gives the student a simple but practical rule with which to determine whether needed foods are being eaten each day.

OFFER OF MATERIAL

For further information and recipes, send for free copies of a child-feeding booklet and Sunkist Recipe Booklet to:

Educational Department
California Fruit Growers Exchange
Box 530, Station C
Los Angeles, California

(Printed in U. S. A.)